

City of Somerville Council on Aging

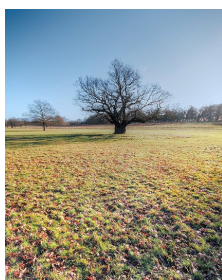


167 Holland Street, Somerville, MA 02144 617-625-6600, ext. 2300

Help Us Help You!

Leaving a Legacy

Many individuals are choosing to leave a permanent legacy for the charity of their choice. If the Somerville Council on Aging has made an impact on your life or the life of a loved one, please consider remembering the Somerville Council on Aging in your long-term estate planning. Individuals have different needs and abilities to give, so it's suggested you contact your financial advisor about planned giving that would include the Somerville COA.



If you attend ANY Council on Aging programs, be sure to get your own My Senior Center card. These cards, which are small enough to hang on your keychain, function much like the ones you use when you go to the supermarket. There's a bar code on it that is unique to you. Whenever you come to the Holland Street Center, you can use the bar code to "sign in" to the computer located in the main room. Right now, the Ralph and Jenny and Cross Street Centers do not have this computer, but the staff there can get you a card so that your name is included in the Council on Aging database. Staff at both Centers make sure that programs there are included in all the statistics we keep. These cards are like the Council on Aging's mini census.

Why would you want one of these cards? Well, because using the cards makes it easier for us to keep accurate information about all of our programs. We can provide statistics about who comes to our Centers and what programs are in demand, which is a huge help when we plan future programs.

This is also the type of information that is very helpful when we apply for grants or ask for funding to support the work we do. Forms and data for some larger state grants are even linked to the information the cards provide. The card is free and it only takes about ten minutes to get one.

Our goal is for everyone who visits or uses any of our services to have a card. So, help us reach that goal by asking for your own card. If you cannot get to one of the Centers, just call the main office at (617) 625-6600, ext 2300 and we can arrange to mail one to you.

Protecting Your Nest Egg

Join us for a **free workshop** with Living Legacy Financial Group on Wednesday, April 22nd from 12:00-1:30 p.m. at our Holland Street Center. Listen and learn about financial strategies to:

- *Protect your retirement accounts;*
- *Ensure that you will never run out of money!*
- *Maximize, protect, and guarantee retirement income;*
- *Protect your home and other assets; and*
- *Prevent assets from depleting.*



The workshop will also cover proper investments for today, Medicare, Medicaid, estate planning, and asset protection from creditors.

To register or for more information, call Suzanne at (617) 625-6600, ext. 2300.

Message from the Mayor

Happy April!

I hope that each of you will have the opportunity to welcome the season of Spring with something that brings renewal and joy.

After the long winter that we endured, I am happier than ever to change my thinking toward being and doing more activities outside. Of course, I notice that the Council on Aging is thinking this way as well. Imagine just taking a lovely walk and actually knowing what bird you hear singing! If you attend the "Songbirds of the Northeast" presentation at the end of this month, I'm sure that's what will happen.

As always, the Council on Aging has many events to keep you active and busy. I continue to be impressed with the health and wellness programming that keeps getting added to your calendar. It's great to see that the Fit 4 Life program is expanding to include the Cross Street Center. I also like that the COA continues to think about physical AND mental well-being. The "Painting to Music" class with our friend Patty Contente sounds like a great way to learn about stress management.

Let me take this opportunity to thank those of you who volunteer. Your help is one reason our Council on Aging is such a great place for older people to find what they need. I am pleased that you will get some well-deserved recognition at this year's Volunteer Luncheon.

Lastly, I encourage all of you to attend the Elder Fair this month. I know that there are lots of agencies and participants, and they are all dedicated to helping older people stay healthy as they age.

Enjoy all that April has to offer.

Your Mayor,



Contacts & Information

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COUNCIL ON AGING OFFICE

Monday - Friday 8:30 a.m. - 4:30 p.m.

CROSS STREET CENTER

165 Broadway ▪ 617-625-6600, ext. 2335

Tuesday & Wednesday 9 a.m.-1 p.m.

HOLLAND STREET CENTER

167 Holland Street ▪ 617-625-6600, ext. 2300

Monday - Friday 9 a.m.-3 p.m.

RALPH & JENNY CENTER

9 New Washington Street ▪ 617-666-5223

Monday - Thursday 9 a.m.-3 p.m.

Healthy Living News You Can Use

The Pros and Cons of Frozen Foods



In the dead of winter, grocery shoppers often turn to the freezer aisle for out-of-season produce as well as easy-to-prepare entrées.

Is this OK? How do frozen foods really stack up?

Pros?

Several recent studies have shown that produce from the frozen-food aisle is at least as nutritious as fresh produce, and certain nutrients are better preserved in frozen fruits and vegetables than in fresh produce after a few days in your fridge. Some new premium frozen meal options may also be better for you than traditional frozen "TV dinners," with ingredients such as whole grains, quinoa, sweet potatoes and kale. Remember those tempting frozen pizzas and burritos are still not healthy choices.

HITTING "PAUSE": A 2013 University of Georgia study examined nutrient levels in samples of the frozen produce and in the fresh equivalents when purchased and after the fresh produce spent five days in a kitchen refrigerator. In most comparisons, day-of-purchase fresh and frozen varieties were nutritionally similar. After five days, however, the fresh produce lost vitamin content, especially vitamins A and C and folate. "Freezing in essence is nature's pause button," commented researcher Ronald Pegg, PhD. "It maintains freshness, slows down enzymatic reactions, increases the time it takes anything to degrade." Fresh produce, by contrast, says Pegg "degrades over time and loses nutrients. That's normal and to be expected."

Cons?

Researchers are quick to point out, however, that the studies cover frozen fruits and vegetables with no additives, so skip the selections with sauces and seasonings. Also, don't be fooled by terms such as "authentic" or "organic" on the label; these frozen options are every bit as high in calories, saturated fat and sodium. Ditto for "gluten-free," unless you've been diagnosed with celiac disease.

Experts recommend depending on the numbers in the "Nutrition Facts" label instead. It's worth doing a little comparison in terms of calories and salt. They also remind consumers to be mindful of serving sizes and packaging. Some of those numbers might surprise you: Frozen entrées that skip the meat, like fettuccine Alfredo, can still be high in calories (610 in one popular brand), saturated fat (13 grams) and sodium (1,050 milligrams).

What about new frozen-meal offerings that promise to be healthier choices? They might be worth a look for days when you're too frazzled to cook. One serving of Kale Ricotta Ravioli, for example, contains just 260 calories and two grams of saturated fat, with 460 milligrams of sodium. Quinoa and Vegetable Enchiladas have a modest 330 calories, 2.5 grams saturated fat and 230 milligrams sodium.

In short, the frozen-foods aisle is a lot like the rest of the supermarket - only chillier: You still have to read labels and make smart nutrition choices.

—excerpted from *Tufts University Health and Nutrition Update*.




MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<div> <div>6</div> <div> 9:30 Monthly Breakfast (H) 10:30 Moonlighters (H) 11:30 Lunch (H) ; </div> </div> <div> <div>7</div> <div> 10:00 English Conversation (C) 10:00 Cards (RJ) 10:00 Knitting Scarves for Soldiers (RJ) 10:30 Men's Group (H) 10:30 Computers 101 (H) 11:30 Lunch (RJ, C) 12:00 Computer tutorial with Norbert (by appointment only) (H) 12:45 Bingo (RJ) </div> </div>	<div> <div>13</div> <div> 9:00 Gardening (H) 10:00 Painting to Music (H) 10:30 Moonlighters (H) 11:30 LGBT Congregate Meal (H) 11:30 Lunch (H) 4:30 LGBT Advisory Board (H) Cabaret at Berklee </div> </div> <div> <div>14</div> <div> 10:00 English Conversation (C) 10:00 Scarves for Soldiers (RJ) 10:00 Cards (RJ) 10:30 Computers 101 (H) 10:30 Low Vision Group 12:00 Computer tutorial with Norbert (by appointment) (H) 12:45 Bingo (RJ) </div> </div>	<div> <div>20</div> <div> All Centers Closed </div> </div> <div> <div>21</div> <div> 10:00 English Conversation (C) 10:00 Scarves for Soldiers (RJ) </div> </div>
<div> <div>1</div> <div> 10:00 Cards (RJ) 10:00 English Conversation (C) 11:30 Lunch (H, RJ, C) 12:45 Bingo (RJ) 1:00 Bowling at Flatbread </div> </div>	<div> <div>8</div> <div> 10:00 English Conversation (C) 10:00 Cards (RJ) 11:30 Lunch (H, RJ, C) 12:45 Bingo (RJ) 1:00 Bowling at Flatbread </div> </div>	<div> <div>15</div> <div> 10:00 English Conversation (C) 10:00 Cards (RJ) 11:30 Lunch (H, RJ, C) 12:45 Bingo (RJ) 1:00 Bowling at Flatbread Volunteer Event </div> </div>	<div> <div>22</div> <div> 10:00 Cards (RJ) 10:00 English Conversation (C) </div> </div>
<div> <div>2</div> <div> 9:00 Yoga (H) 10:00 Cards (RJ) 10:00 Knitting Scarves for Soldiers (RJ) 10:00 Current Events (H) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Lunch (H, RJ) 12:45 Bingo (RJ, H) </div> </div>	<div> <div>9</div> <div> 9:00 Yoga (H) 10:00 Cards (RJ) 10:00 Knitting Scarves for Soldiers (RJ) 10:00 Current Events (H) 10:30 Brain Games (H) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Lunch (H, RJ) 12:45 Bingo (RJ, H) </div> </div>	<div> <div>16</div> <div> 9:00 Yoga (H) 10:00 Blood Pressure Screening (H, RJ) 10:00 Cards (RJ) 10:00 Scarves for Soldiers (RJ) 10:00 Current Events (H) 11:00 Computer tutorial with Barbara (by appointment) (H) 11:30 Lunch (H, RJ) 12:45 Bingo (RJ, H) </div> </div>	<div> <div>23</div> <div> 9:00 Yoga (H) 10:00 Cards (RJ) </div> </div>
<div> <div>3</div> <div> No Programming Good Friday </div> </div>	<div> <div>10</div> <div> 10:00 Book Club (on second Friday in April only) 11:30 Lunch (H) 12:45 Bingo (H) </div> </div>	<div> <div>17</div> <div> 11:30 Lunch (H) 12:45 Bingo (H) </div> </div>	<div> <div>24</div> <div></div> </div>

Patriot's Day Holiday				11:30 Lunch (H) 12:45 Bingo (H)
10:00 Cards (RJ)	10:30 Computers 101 (H)	11:30 Lunch (RJ, C)	11:30 Lunch (H, RJ, C)	10:00 Scarves for Soldiers (RJ)
10:30 Computers 101 (H)	11:30 Lunch (RJ, C)	12:00 Computer tutorial with Norbert (by appointment) (H)	12:00 Retirement financial workshop (H)	10:00 Current Events (H)
11:30 Lunch (RJ, C)	12:00 Computer tutorial with Norbert (by appointment) (H)	12:30 Movie (H)	12:45 Bingo (RJ)	11:00 Computer tutorial with Barbara (by appointment only) (H)
12:30 Movie (H)	12:45 Bingo (RJ)	6:00 Caregivers Group. Focus is Adult Day Health. (H)	1:00 Bowling at Flatbread	11:30 Lunch (H, RJ)
12:45 Bingo (RJ)				12:45 Bingo (RJ, H)
Foodie Tour				
27	28	29	30	
9:30 Veterans (H)	10:00 English Conversation (C)	10:00 Cards (RJ)	9:00 Yoga (H)	
10:30 Moonlighters (H)	10:00 Scarves for Soldiers (RJ)	10:00 English Conversation (C)	10:00 Cards (RJ)	
11:30 Lunch (H)	10:00 Cards (RJ)	10:30 Songbirds of the Northeast (H)	10:00 Knitting Scarves for Soldiers (RJ)	
Twin Rivers	10:30 Computers 101 (H)	11:30 Lunch (H, RJ, C)	10:00 Blood Pressure (RJ)	
	11:30 Lunch (RJ, C)	12:45 Bingo (RJ)	10:00 Current Events (H)	
	12:00 Computer tutorial with Norbert (by appointment) (H)	1:00 Bowling at Flatbread	11:00 Computer tutorial with Barbara (by appointment only) (H)	
	12:45 Bingo (RJ)		11:30 Lunch (H, RJ)	
Highlander Café		Hanscom Air Force Base	12:45 Bingo (RJ, H)	
Boston Symphony Orchestra				Depart for Washington, D.C.

To sign up for Council on Aging events or classes, please call (617) 625-6600, ext. 2300. Somerville residents shall receive registration priority. Non-residents may request a place on the waiting list. If openings exist, non-residents may be able to register. Proof of residency may be required. In all cases, participants are not considered enrolled in a class or event list until deposit payment in full is rendered.

WEEKLY EXERCISE CLASS SCHEDULE

Monday: *Fit 4 Life C, 1:00 p.m., (H)

Tuesday: Strengthening, 9:15 a.m., \$3 per class (H); Dalcroze Eurhythmics, 1:00 p.m., \$2/class(H); *LBT Fit4Life, 6:00 p.m (H)

Wednesdays: *Fit 4 Life A, 8:45 a.m./B, 9 a.m./ C, noon (H); Zumba 4 All, 5:15 p.m., \$3/class (H)

Thursdays: Strengthening, 9:30 a.m., \$3 per class (RJ) ; Yoga, 9:00 a.m., (H) *LBT Fit 4 Life, 6:00 p.m. (H)

Fridays: *Fit 4 Life A, 8:45 a.m./B, 9:55 a.m.

*All Fit 4 Life classes cost \$10/month and require pre-registration. If you are interested in our Yoga classes, please call Chris for more information.

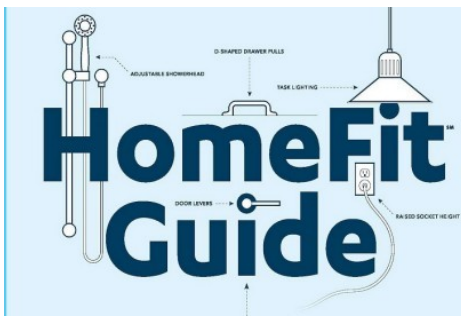
KEY TO ABBREVIATIONS

H: HOLLAND STREET

C: CROSS STREET CENTER

RJ: RALPH & JENNY CENTER

News You Can Use from the Social Services Desk



AARP Guide Helps You Age in Place

It is probably not news to many of you that AARP surveys have

concluded that nearly 90 percent of those age 45 and up want to remain in their current home and community for as long as possible. One result of the knowledge gained from those surveys is the creation of the AARP HomeFit Guide. It has been created to educate people 50+ and their family members on how to make their homes more "livable" over time.

Many of the ideas in the guide focus on universal design concepts. Key words include adaptable, flexible, safe and easy-to-use. Thinking about these words and this design can help people stay in the homes they love by turning where they live into a "lifelong home," suitable for themselves and anyone in their household. They can "age in place" effectively. Solutions in the guide range from simple do-it-yourself fixes to improvements that are more involved and require skilled expertise but are well worth the expense.

Some examples include: a step-free entrance into the main floor of the home, wider doorways and hallways, lever door and faucet handles, secure handrails on both sides of stairways and a walk-in/ roll-in shower with non-slip flooring. A livable home also has a bedroom, full bath and kitchen on the main level and cabinets, light controls and electrical outlets that can be accessed while standing or sitting. Residents have the option of upgrading their existing home with the features of their choice, or implementing these designs into a home they are building.

The guide contains helpful worksheets to use when answering the questions regarding aging in place and when creating "To Do" lists about changes to make in your home. (The worksheets are available for download via the Resources & Worksheets page so you can print as many as you'll need or want.) Find more information online about aging in place and the Home Fit program, go to: www.aarp.org/livablecommunities

DECLUTTERING...

It doesn't have to be hard. It can even be fun. Try these 10 creative ways to declutter your home:

1. **Give yourself 5 solid minutes every day to concentrate on one de-cluttering task.**
2. **Give away one item each day.**
3. **See how quickly you can fill one trash bag.** It could be filled with trash, or it could be filled with items to donate to charity.
4. **Try the Oprah Winfrey Closet Experiment.** This wasn't Oprah's idea, but she is a firm believer. Hang all your clothes with the hangers in the reverse direction. After you wear an item, return it to the closet with the hanger facing the correct direction. After six months, you can easily discard the ones still facing the wrong direction.
5. **Make a list.** Create a list of places/areas in your home to de-clutter, beginning with the easiest. When you're done with one area on the list, just STOP and feel good about finishing that item.
6. **Take the 12-12-12 Challenge.** Locate 12 items to throw away, 12 items to donate, and 12 items to be returned to their proper home.
7. **Change your perspective.** Try to notice some clutter you may have missed by taking photos of your house, inviting over a toddler, or asking the boss to meet in your office.
8. **Experiment with numbers.** A great example is **Project 33**---wear only 33 articles of clothing for 3 months. If the number 33 doesn't work for you, adjust the rules as you need by picking a new number. Just try to challenge yourself to live with less and see what you learn from the experiment.
9. **Use your imagination.** Try asking yourself unique questions like, "If I was just buying this now, how much would I pay?" These creative techniques may prove to be very helpful for some with difficulties removing unneeded clutter.
10. **Employ the Four-Box Method.** Put out four boxes: trash, give away, keep, or relocate. Sort each item in every room into one of the four categories. Don't pass over any items.

No matter what you choose to help you get started, remember that your goal is to take your first step with excitement behind it.

---These tips are excerpts from the website beingminimalist.com.

Fitness Classes

Dalcroze Eurhythmics**Music-Based Fitness Class with Master Teacher Lisa Parker****Research-based exercises done seated or standing.**Tuesdays 1:00 p.m. *Holland Street***Strengthening with Geoff**Tuesday 9:15 - 10:15 a.m. *Holland Street*Thursday 9:30 - 10:30 a.m. *Ralph and Jenny***Fit-4-Life Fitness and Nutrition Program**

- ♦ Open to all 55+ on Wednesday and Friday mornings and afternoons at *Holland Street*.
- ♦ Open to Somerville's Lesbian, Bisexual, and Transgender women 55 and older on Tuesday and Thursday evenings at *Holland Street*.

Call Chris at (617) 625-6600, ext. 2315 or email him at ckowaleski@somervillema.gov for more information.

Bowling at Flatbread

Wednesday 1 p.m.

\$10 per week includes shoe rental and dues.

Zumba for All (\$3 per class, \$15 for 6 classes)Wednesday 5:15-6:15 p.m. *Holland Street***Yoga**Thursday 9 a.m. *Holland Street*

\$20 for five week session.

Call Chris at (617) 625-6600, ext. 2315 or email him at ckowaleski@somervillema.gov for more information or to enroll.

Keep Moving: Everyday Exercises for Older Adults

Sun/Tues 12:30 p.m. and 7:30 p.m.

Thursday 12:30 p.m.

City TV 13 (RCN), 22 (Comcast) Educational Channel 15

LGBT Happenings



LGBT Monthly Lunch – The next monthly luncheon will be Monday, April 13, at 11:30 a.m.

LGBT Advisory Group – Our next Advisory Group meeting will be Monday, April 13th at 4:30 P.M.

LGBT Dinner & Movie – There will be no Dinner and Movie events in April or May due to the Patriot's Day Holiday and an unavoidable scheduling conflict. **Dinner and Movie will resume on Monday, June 15th.**

Rainbow Lifelong Learning coming to Holland Street! Join other older adults as you learn more about "The Science of Music." This five week-course begins on Tuesday, April 28th. The entire course costs \$20, payable in advance. Pre-enrollment required. Visit their website at www.RainbowLLiBoston.org or email RainbowLLiBoston@gmail.com to register.

*If you have any questions regarding LGBT programming at the Somerville Council on Aging, please contact Maureen Bastardi at 617-625-6600 Ext. 2316 or email her at MBastardi@Somervillema.gov

Good News: The U.S. Department of Labor's Wage and Hour Division today announced a Final Rule to revise the definition of spouse under the Family and Medical Leave Act of 1993 (FMLA). This Final Rule allows eligible employees in legal same-sex marriages to take FMLA leave to care for their spouse or family member, regardless of where they live. More information is available at <http://www.dol.gov/whd/fmla/spouse/index.htm>

Spotlight on...

Mimi DelGizzi, Nutritionist



Ever since Mimi DelGizzi first arrived in Massachusetts and took a job helping to provide healthy eating and cooking education for low income parents, she knew she would end up doing nutrition-related work. That first job at Cooking Matters Massachusetts actually convinced her to go to school for a degree in Nutrition. Then, back in 2012, Mimi “subbed” a few nutrition classes when the regular instructor was absent. She had such a great time that she continued to return whenever she had the opportunity.

Now, she’s an official member of the COA staff! Just this year, she also earned dual Master’s Degrees from two of Tufts University’s prestigious schools. She earned one for Public Health from the School of Medicine, and one for Science, Food Policy, and Applied Nutrition from the School of Nutrition Science and Policy. Did we mention that Mimi also has a Master’s Degree in Education from George Mason University?

“Teaching nutrition was always something I loved to do,” she says. “Here at the Council on Aging, I love the excitement and the willingness to learn more about how to incorporate other people’s ways of healthy eating and cooking.” This is a good thing, says Mimi, since it’s always a challenge to get people to change habits. “We are comfortable with what we know,” she explains. Perhaps the reason her COA students respond so well to learning new things is because Mimi makes learning fun. Her approach is to look at things from many different perspectives. “I love examining the cross-cultural aspect of things,” she says. She also makes sure to address the questions and concerns of program participants. Like most consumers who try to eat healthy, they are bombarded with changing information all the time. “We talk a lot about butter vs. margarine vs. oil, and about how much salt is too much, or not enough,” she says.

The entire Council on Aging staff feels privileged to welcome someone with Mimi’s energy, experience, and qualifications to our team. If you haven’t had a chance to welcome her, pop your head in before or after her classes that meet every Wednesday morning at Holland Street.

Somerville Council on Aging

Somerville Community Service Center

167 Holland St.

Somerville, MA 02144

617-625-6600 ext. 2300

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